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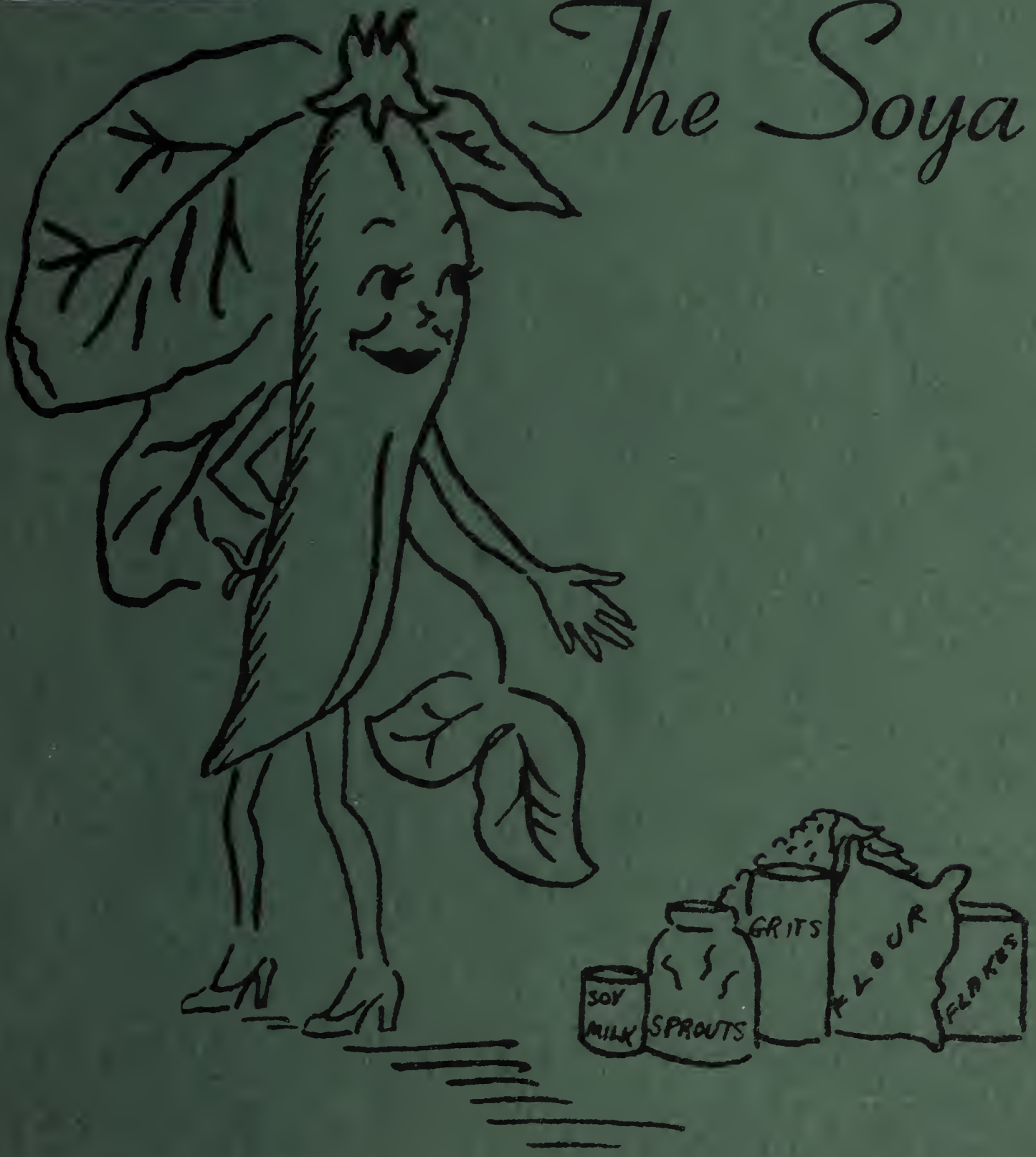
's Wonder-Bean— The Soya



Why Use Them

Soybeans which have long been used as a stock feed are now becoming widely used as a food for the human race. This "Wonder Bean" may be used as a green vegetable, as dried beans, as sprouted beans, and as manufactured products such as grits, flakes, flours, and milk.

Soybeans are high in protein and also furnish calcium, phosphorus, iron and the "B" vitamins (thiamin and riboflavin). The green soybean is a valuable source of vitamin A, while the sprouted bean becomes an excellent source of vitamin C (ascorbic acid).

The Illini and the Manchu are the best field types of soybeans for table use, being light tan in color, thus more attractive than the black or mottled bean. There is also a vegetable type soybean for gardens.

Ways To Use Soybeans As Food

AS A GREEN VEGETABLE

Pick green pods when completely filled. Pour boiling water over the pods and let them stand 5 minutes in the water to make hulling easier. Cook as follows:

To 1 pint of shelled beans, add 1 cup boiling water, and ¾ teaspoon salt. Cover and cook 10 minutes after the beans begin to boil. Avoid over cooking. Serve with butter or cream.

AS DRIED BEANS

Soak the dry beans over night, using 3 cups of water to 1 cup of beans. Drain and cook 1 to 1½ hours in 3 cups of fresh water to which 3 teaspoons of salt have been added. Soybeans remain crunchy and do not become soft as navy beans do.

TO SPROUT BEANS

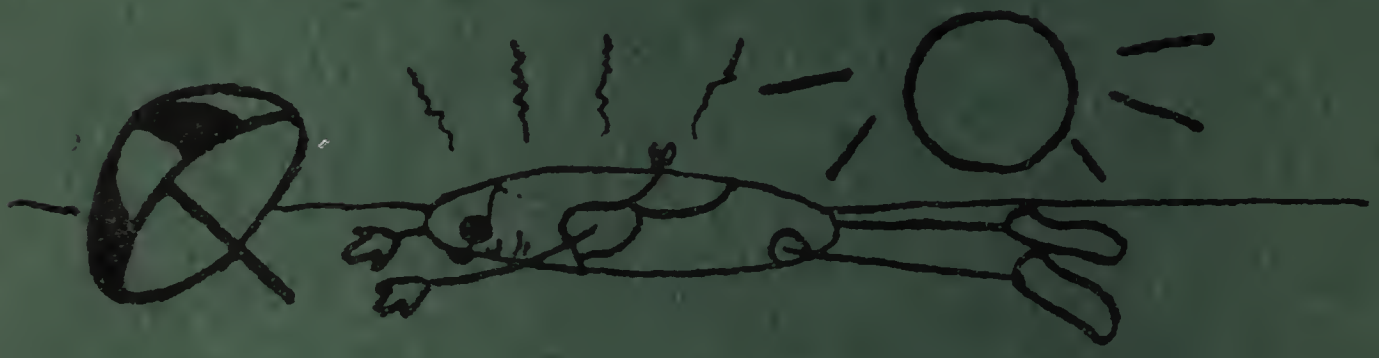
Soak over night. In the morning, drain and put the beans in a fruit jar, tie a piece of cheese cloth over the top, invert the jar and leave it in a warm place. Flood with lukewarm water and drain four or five times a day during the sprouting period.

Recipes

ILLINOIS BAKED SOYBEANS

3 cups cooked soybeans
3/8 teaspoon mustard
1 teaspoon salt
1/8 teaspoon pepper
3 tablespoons molasses
1/2 cup boiling water
1/2 cup chili sauce
1/4 pound diced salt pork

Combine all ingredients except the salt pork in a baking dish. Cook salt pork in a frying pan until delicately browned. Add the melted fat to the beans and place the squares of pork on top. Bake at 350°F. for 1 3/4 to 2 hours.



SOYBEAN MACAROONS

1 cup cooked and ground soybeans
1/8 teaspoon salt
2 egg whites
1 teaspoon almond flavoring
1 cup sugar
2 cups flaked breakfast cereal

Add salt to egg whites and beat until slightly stiff. Add sugar—a tablespoon at a time—and beat until stiff. Mix soybeans with the crushed cereal and gradually add this mixture to the egg whites. Add flavoring. Drop by spoonfuls on waxed paper and bake at 300°F. for 25 to 30 minutes, or until delicately browned and well set.

SOYBEANS AND VEGETABLE SALAD

Blend cooked soybeans with any cold diced cooked vegetable or any raw vegetable such as carrots, celery, peas, or tomatoes, and season with French dressing or mayonnaise. Finely diced cheese makes a tasty addition.

SOYBEAN CHILI

- 1 pound ground beef or pork
- 1 small onion chopped
- 2 cups tomato puree
- 1 teaspoon salt
- 1 tablespoon chili powder
- 1 cup cooking water from the beans
- 3 cups cooked soybeans

Dry beans thoroughly on a towel. Brown meat and onion. Remove from the skillet and brown beans in fat from the meat. Add all ingredients and simmer slowly for 45 minutes. Serves 6 to 8.

SOYBEAN SANDWICH FILLING

1 cup chopped cooked soybeans
¼ cup chopped olives or pickles
1 teaspoon chopped onion
¼ teaspoon salt
2 tablespoons mayonnaise

Blend ingredients to proper consistency to spread. Serve either toasted or plain. Serves 4 large sandwiches.

SALTED SOYBEANS

Soak beans over night. Dry thoroughly and roll in melted fat. Spread in a shallow pan and roast in moderate oven (350°F.) until browned. Sprinkle with salt while still warm.

SOYBEAN DROP COOKIES

- 2¾ cups flour
- ½ teaspoon salt
- 4 teaspoons baking powder
- 1 cup fat
- 1 2/3 cups sugar
- 2 eggs
- 2¾ cups cooked and ground soybeans
- 1/3 cup milk
- 1 teaspoon lemon flavoring

Sift together flour, salt, and baking powder. Cream fat and sugar. Add beaten eggs and soybean pulp. Add milk and sifted dry ingredients alternately. Drop by teaspoonfuls on a greased baking sheet and bake 10 to 15 minutes in hot oven (400°F.) 1½ cups raisins or 1 cup nuts may be added for variety. If a plainer cookie is desired, 1/3 less shortening may be used. This amount makes 7 dozen small cookies.

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